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Burger KingŽ BK Broiler

This grilled chicken sandwich was introduced by America's number-two burger chain in 1990, and soon after the launch the BK Broiler was selling at a rate of over a million a day. Not good news for chickens. This one's easy to duplicate at home. To clone the shape of the chicken served at the burger giant, you'll simply slice the chicken breasts in half, and pound each piece flat with a mallet. Pounding things is fun. Let the chicken marinate and then fire up the grill. The recipe makes four sandwiches and can be easily doubled if necessary for a king-size munch fest.

Marinade 3/4 cup water 2 teaspoons
ketchup 1 teaspoon salt 1/4 teaspoon
liquid smoke 1/8 teaspoon pepper 1/8
teaspoon oregano dash onion powder
dash parsley

2 chicken breast fillets 4 sesame seed
hamburger buns 1 1/3 cups chopped
lettuce 1/4 cup mayonnaise 8 tomato
slices

1. Make the marinade by combining the
ingredients in a medium bowl. 2.

Prepare the chicken by cutting each
breast in half. Fold a piece of plastic
wrap around each piece of chicken and
pound the meat with a tenderizing mallet
until it is about 1/4 - inch thick and about

the same diameter as the hamburger buns. Place the chicken into the marinade, cover it, and chill for at least four hours. Overnight is even better. 3. Preheat your barbecue or indoor grill to high heat. Grill the chicken for 3 to 4 minutes per side or until done. 4. Toast the faces of the hamburger buns in a pan or griddle, in a toaster oven, or facedown on the grill. Watch the buns closely to be certain that the faces turn only light brown and do not burn.

5. Build each sandwich from the top down by first spreading about a tablespoon of the mayonnaise on the toasted face of a top bun. 6. Spread about 1/3 cup of chopped lettuce over

the mayonnaise. 7. Arrange two tomato slices on the lettuce. 8. Place a chicken breast on the toasted face of the bottom bun. 9. Flip the top part of the sandwich over onto the bottom and scarf out. Serves 4.

Tidbits Liquid smoke is a flavoring found near the barbecue sauces and marinades. Use hickory-flavored liquid smoke if you have a choice.